

Abstract of the Disclosure

Methods and apparatus for treating hemorrhoids and similar ailments are disclosed in which one or more piece of material are used to separate  
5 swollen, inflamed tissue from non-swollen tissue. material may be included within an undergarment that may be worn for the treatment of ailments such as hemorrhoids or an episiotomy. The material incorporated into the undergarment has elastic  
10 properties that, in the case of hemorrhoids, acts to separate the buttocks. The undergarment may also include one or more pocket enclosures to hold cold compresses, ice packs, pain ointment, etc. directly upon, or in close proximity to, the affected area.  
15 Alternately, the material may be one or more single-use strips that include adhesive such that the strips act to separate the affected area from the non-affected area.